



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09304, Raspberries, canned, red, heavy syrup pack, solids and liquids

Report Date: July 01, 2017 01:08 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
Proximates					
Water	g	75.33	3	0.255	192.84
Energy	kcal	91	--	--	233
Energy	kJ	381	--	--	975
Protein	g	0.83	3	0.095	2.12
Total lipid (fat)	g	0.12	3	0.045	0.31
Ash	g	0.36	3	0.015	0.92
Carbohydrate, by difference	g	23.36	--	--	59.80
Fiber, total dietary	g	3.3	--	--	8.4
Sugars, total	g	20.06	--	--	51.35
Minerals					
Calcium, Ca	mg	11	3	1.257	28
Iron, Fe	mg	0.42	3	0.074	1.08
Magnesium, Mg	mg	12	3	0.524	31
Phosphorus, P	mg	9	3	0.733	23
Potassium, K	mg	94	3	10.016	241
Sodium, Na	mg	3	3	0.333	8
Zinc, Zn	mg	0.16	3	0.026	0.41
Copper, Cu	mg	0.057	3	0.018	0.146
Manganese, Mn	mg	0.233	3	0.055	0.596
Selenium, Se	µg	0.1	--	--	0.3
Vitamins					
Vitamin C, total ascorbic acid	mg	8.7	3	0.441	22.3

Nutrient	Unit	1			1 cup 256g
		Value Per 100 g	Data points	Std. Error	
Thiamin	mg	0.020	3	0.001	0.051
Riboflavin	mg	0.031	3	0.003	0.079
Niacin	mg	0.443	3	0.058	1.134
Pantothenic acid	mg	0.245	3	0.014	0.627
Vitamin B-6	mg	0.042	3	0.005	0.108
Folate, total	µg	11	3	0.145	28
Folic acid	µg	0	--	--	0
Folate, food	µg	11	3	0.145	28
Folate, DFE	µg	11	--	--	28
Choline, total	mg	8.2	--	--	21.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	5
Retinol	µg	0	--	--	0
Carotene, beta	µg	12	--	--	31
Carotene, alpha	µg	16	--	--	41
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	33	3	14.970	84
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	91	--	--	233
Vitamin E (alpha-tocopherol)	mg	0.59	--	--	1.51
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	5.2	--	--	13.3
Lipids					
Fatty acids, total saturated	g	0.005	--	--	0.013
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1			1 cup 256g
		Value Per 100	Data points	Std. Error	
	g				
16:0	g	0.003	--	--	0.008
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.011	--	--	0.028
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.011	--	--	0.028
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.068	--	--	0.174
18:2 undifferentiated	g	0.045	--	--	0.115
18:3 undifferentiated	g	0.023	--	--	0.059
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Flavonoids

Isoflavones

Daidzein ¹	mg	0.00	1	--	0.00
Genistein ¹	mg	0.00	1	--	0.00
Total isoflavones ¹	mg	0.00	1	--	0.00

¹Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331